

## Seattle-area Fitness Opportunities for Older Adults ADS Focus on the Future Forum

Mercer Island Community Center  
February 28, 2003

### Current Programs

- ✓ Many **hospitals, community centers**, and private **gyms** have fitness programs. Make sure the instructor is trained in the special needs of an older population.
- ✓ **Lifetime Fitness Program**, a low-cost, community-based program, is offered at many area senior centers. It is evidence-based and focuses on balance, strength, flexibility and endurance. To find out where there is a class near you, call Senior Services of Seattle/King County at 206-727-6259.
- ✓ Members of **Group Health Cooperative** who receive Medicare coverage may enroll in their health club benefit, which includes coverage of **Lifetime Fitness Program** classes or membership at one of the participating gyms. The participating gyms offer a senior fitness class called **Silver Sneakers**. For more information about this GHC benefit, call the GHC benefits coverage office.
- ✓ **Seattle Parks and Recreation Community Centers** have a wide variety of programs, including PACE (a fitness class designed especially for people with arthritis), dancing, yoga, water exercise, and Tai Chi, as well as non-fitness related activities for older adults. For detailed information, contact a Seattle Parks and Recreation Community Center to get a Senior Adult Programs brochure.

### Programs Being Planned

- ✓ The **Sound Steps** walking program will be implemented this summer at six Seattle Parks and Recreation Community Centers. The program will offer incentives to encourage older adults in the local communities to walk – either alone or in groups. If this program is successful, it will be replicated throughout the city of Seattle, and hopefully throughout the county as well.
- ✓ **SHAPE Seattle/King County** is a collaborative effort currently underway to develop a comprehensive, web-based resource guide of physical activity opportunities for older adults in King County. This project is modeled after a similar successful project in Chicago.
- ✓ The University of Washington Health Promotion Research Center recently conducted seven focus groups, each with a distinct ethnic/linguistic community of older adults, to help determine what types of physical activity programs would be of interest to them. The report to the community will be available in the spring. If you'd like a copy, please call 206-543-2891.

<p><b>For more information about physical activity resources for older adults, call the Senior Information and Assistance Line at 1-888-4elders (1-888-435-3377).</b></p>
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